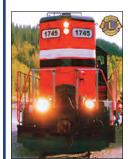






## Train Rides



## 20-mile round trip along the beautiful Pend Oreille River

Ride in the restored old coach cars, in the open cars with 360 degree views, or in the cabose! The back country scenery is gorgeous along the river. Watch for wildlife, birds, and wildflowers. Enjoy the view from the Box Canyon trestle. It's a great trip for young and old!

Sponsored by the North Pend Oreille Valley Lions Club

Rides are Filling Fast! Reserve Your Tickets Today!

## Autumn Colors Oct. 3 & 4 Oct. 10 & 11

Oct. 17 & 18 Oct. 24 & 25 11 am,

1 pm & 3 pm Train leaves from Ione Station

# Tickets Adults: \$15 Children 2-12: \$10 Children Under 2: FREE Reservations highly recommended visit our website www.lionstrainrides.com

or call 1-877-525-5226

6 am to 5 pm, Mon - Fri









Selection of More Than 100 Wines!
Great Food
Cocktails & Micro-Brews
Cigars
Patio Seating
Special Events & Private Parties

Wed - Sat • 4 pm - Close N 101 Fourth Street E., Chewelah, WA (509) 935-8444 ChewVino.com LIKE US ON FACEBOOK! Specials and Events posted regularly.

## Highlighted...

Compiled submissions from the Chewelah Arts Guild

Scene from the Light up the Park Chewelah 2014. Ed Broberg photo.

hat's on your bucket list? A Guinness World Record? It could be checked offthis October! The Chewelah Arts Guild is hoping you will join Light Up the Park Chewelah event on October 24 in an attempt to set a Guinness World Record of 2,015 lighted, carved pumpkins. Last year's glowing attempt brought nearly 1,100 jack o'lanterns and a Hallmark movie scene to Chewelah's City Park, but fewer than the 1,510 pumpkin record set in Irvine, CA.

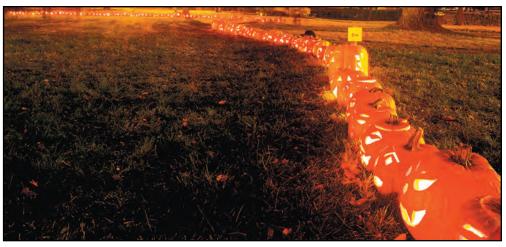
Encouraged by your comments, the Guild has decided to make another run for the record. In order to properly qualify, the pumpkins must have four features

included in every one: a carved mouth, nose, eyes and eyebrows.

Thanks to suggestions from the public, the Arts Guild will begin taking pumpkins for the line-up at 10 am on October 24 and continue until lighting starts at 5 pm.

"Carve those pumpkins, bring them down to Chewelah's City Park and be prepared to be wowed by our collective creativity and ability to make visual art happen together," enthused Sarah English, one of the event organizers.

Additional activities planned for the the four-day event include: *Chalk It Up Chewelah* – sidewalk chalk art from downtown all the way to the park; *Pumpkin Spice & Everything Nice* – a culinary contest of foods



made with pumpkin puree, spice or seeds; *Photography Coaching* – use your phone/camera to get the best shots of the weekend's events; *Carving Stations and Contests* – plan a carving party with your family and friends. Safeway has arranged a refrigerated truck for storage the week of October 18-24; *A Night at the Museum* – experience Chewelah history coming alive; *Entertainment, food booths, and more* – come see what else is making Chewelah glow!

Put Guinness World Record on your bucket list for October 24, 2015, and join in the celebration of the arts, community, and fun! Check out Light Up the Park Chewelah and Chewelah Arts Guild on Facebook and online for more info.

### HALLOWEEN COSTUME CHILDREN & PET PARADE

FRIDAY OCTOBER 30, 2014 AT 4:30 PM
MEET IN COSTUME AT 4:15 PM AT THE COLVILLE FIRE STATION



### MOONLIGHT MADNESS SALE

SPOOKY SAVINGS AT MOONLIGHT MADNESS SALES FROM 7:00 PM TO 10 PM.

ENTER TO WIN DOOR PRIZES AT PARTICIPATING DOWNTOWN BUSINESSES!

CUSTOMER APPRECIATION DRAWING AT BARMAN'S COUNTRY STORE AT 230 S. MAIN COLVILLE, WA

ON THE SECOND FLOOR AT 10:00 PM.





986 South Main Street Suite B Colville, WA 99114 509-684-5973

## Contents

3 Highlighted...

Light up the Park Chewelah 2015

5 Random Acts of Community

by Christine Wilson

6 Boundaries

Living With Wildfire, by Jack Nisbet

8 Featured...

Practical Knowledge, by Tina Wynecoop

9 In Nature

Sharpies, by J. Foster Fanning

11 Dining Along Hwy 395

12 What's Happening

Arts, Music, Dance, Events & More

**14** To Your Health

Along the Mountain Path, by Sarah Kilpatrick, E.R.Y.T

15 A Good Read

Reviews by Loren Cruden

Burial Rites, by Hannah Kent

10:04, by Ben Lerner

**16 Conversations** 

Simon Abeid, builder, by Loren Cruden

17 Listen Up

Reviews by Michael Pickett

Celldweller: Other Dimensions

UFO: Rare and Conspirital Sighting

**22 Family Adventures Out!** 

Delighting in the sights and insights of fall foliage

23 Highlighted...

Get Lost in the Colville Corn Maze, by Daisy Pongrakthai

## WWW.NORTHCOLUMBIAMONTHLY.COM

## the north columbia



### OCTOBER 2015

Volume 23 Issue 5

**Publisher & Senior Editor** 

Gabriel Cruden

Copyeditor

Gretchen Cruden

### **Contributing Writers**

Loren Cruden • J. Foster Fanning Sarah Kilpatrick • Jack Nisbet Michael Pickett • Daisy Pongrakthai Christine Wilson • Tina Wynecoop

### **Advertising Sales**

Gabriel Cruden • 684-3109 ncmonthly@gmail.com

Becky Dubell • 684-5147 mkbecky1@gmail.com

### Cover

Colville Corn Maze & Pumpkin Patch Publisher photo

The North Columbia Monthly is published 12 times per year. Copyright 2015 © by The North Columbia Monthly. All rights reserved. Reproduction of the contents, or use in whole or part without written permission from the publisher is strictly prohibited. Advertising, views and opinions expressed herein are not necessarily those of the publisher. Printed in the USA.

MAILING ADDRESS
The North Columbia Monthly
P.O. Box 541
Colville, WA 99114
PHONE
(509) 684-3109
EMAIL
ncmonthly@gmail.com

ON THE WEB www.northcolumbiamonthly.com

### NOVEMBER, 2015 ISSUE DEADLINE

ADVERTISING COPY AND FREE CALENDAR LISTINGS

> Tuesday, October 20<sup>th</sup>

(but sooner is better!)

## Random Acts Of Community

By Christine Wilson

"How selfish soever man may be supposed, there are evidently some principles in his nature, which interest him in the fortune of others, and render their happiness necessary to him, though he derives nothing from it except the pleasure of seeing it."

~ Adam Smith, The Theory of Moral Sentiments, 1756.

here is a scene in some sci-fi movie, perhaps it is the last of the Alien series, in which the inhabitants of a spaceship have just found out their ship has been programmed towards Earth. They are in despair, one of them saying, "Earth! What a s\*\*\*hole." A bit later, they peer out the window and catch a glimpse of the blue planet. Silence overtakes the room and then one of them says, "I forgot how beautiful it is."

The last Sunday of August, following the worst (at least as of this writing) of the terrible fires of 2015, a rain had cleared the skies. There had been smoke for so long, I had completely forgotten about one little hill I could see from the Rotary Trail. The sky was remarkably, well, let's just say it was sky blue. I thought of that movie scene and was overtaken by the beauty. The entire community was of the same mind, and I imagine even the most determined curmudgeons were sighing in relief.

Prior to that, as the fires raged, neighbors helped neighbors, strangers offered support, and we witnessed the innate kindness Adam Smith spoke about in Edinburg 259 years ago. A friend who had lost her barn was heading back up the road to her property, not knowing if she had a house. Another friend followed her in his own vehicle, to be there in the event of a worst case scenario. A couple she had never seen before was driving down the county road hauling a tank loaded with 350 gallons of water. They were searching to see if anyone needed help. It was from these strangers that she learned her house and chickens had survived. Prior to her evacuation, and as word spread, people arrived to lend a hand. One friend lay on his back with a garden hose, protecting the chicken coop. Volunteers pitched in, while our friend prepared for evacuation.

There are more stories than any one of us knows regarding the kindness and efforts of neighbors and strangers. These stories are antidotes to the cynicism and misery passed off as "the way things are now" by social media. It would be naïve to say the entire northeastern corner of Washington State is inhabited only by good people. There were people who actually lost their possessions to looters after they had evacuated. Who thinks to do that? I don't even understand the actions of people who take fruit off trees that don't belong to them.

Three Americans this summer were traveling by train from Amsterdam to Paris. It was their first trip to Europe. A stranger boarded their car with an arsenal of weapons. It was the AK-47 that caught their eye and they did what needed to be done. What I love the most about their story is that they couldn't explain during a press conference what they were thinking, because they weren't. Out of much practice, taking action was their default mode. What

we practice becomes our default. That isn't naïve. It is the best normal there is. So take a tip from the Dalai Lama: "If you think you are too small to make a difference, try sleeping with a mosquito."

Christine Wilson is a psychotherapist in private practice in Colville and can be reached at christin eallenwilson@gmail.com or 509-690-0715.



### 58% OFF LIST PRICE

Stop by our KraftMaid Cabinetry showroom at Haney Lumber & Supply to experience all we have to offer.

- \* Free design service and quotes.
- \* Delivery available.
- \* Appointments Welcome!

Haney Lumber & Supply Inc. 1101 N Highway Colville, WA 99114 509-684-2150 haneylumber@plix.com



For a kitchen so personal, it could only belong to you.



Kraft Maio

October 2015 NORTH (OLUMBIA (OUNTRY'S ALTERNATIVE READ 5

## Boundaries Living With Wildfire, by Jack Nisbet

ast year our region suffered through a terrible wildfire season. In a Boundaries column (September 2014) I tried to deal with it by gathering written, oral, and archaeological evidence about how fire fit into the Inland Northwest from prehistory to the moment of contact and beyond. What those records describe is a steady patchwork of fire that crept over forests every decade or two, with many of the blazes intentionally set by tribal people who were loosely managing the landscape for a wide variety of outcomes. These set fires were especially common in the ponderosa pine country that covers much of the dry interior range between the Rocky Mountains and the Cascades. Such cultural practices continued sporadically throughout the fur trade and early mining era, only ceasing after settlers gained a foothold in our region.

That is not the world we live in today. The wildfires of 2015 managed to be even worse than those of 2014, and at this point every local resident has become familiar with an exhausting daily routine of red eyes and labored breathing, evacuation and devastating loss. So in order to work our way towards the present, this month we want to take a closer look at what was happening during that early homestead period.

Over the hot dry summer of 1889, U. S. Geological Survey director John Wesley Powell traveled west by rail from the Dakotas through Montana, Idaho, Washington, and Oregon. Over the course of his entire trip, Powell later wrote, "a mountain was never seen. This was because the fires in the mountains created such a smoke that the whole country was enveloped by it and hidden from view." Although Powell's quote echoes many TV sound bites from visiting government officials over the past July and August, the population of our region then was certainly much less than it is now, and most of the tribal people had been dispersed or removed to reservations. So what was the source of so much smoke?

The answer to that question requires some local knowledge that Powell could not access. But we do have accounts from John Bernard Leiberg, a Swedish immigrant who settled on the shores of Lake Pend Oreille around 1887 and spent the next six years working quartz claims in the upper forks of the Coeur d'Alene River. There, while he joined many others in the search for instant wealth, Leiberg witnessed the com-

mon practice of prospectors setting fire to steep hillsides in order to expose rock outcrops for clear viewing.

Mr. Leiberg, like most of those early prospectors, had to find other ways to support his family. He happened to be a very good naturalist, and in 1893 signed on as a plant collector for a botanical expedition across the Columbia River plains. Traveling by horse and wagon, Leiberg sampled the landscape from Spokane to the top of Stevens Pass, where Highway 2 now crosses the Cascades, and even managed to ascend Mount Stuart in the process. Although his journal entries from the early weeks of this trip recorded steady rains, as Leiberg approached the Cascades he complained about the same smoky conditions that John Wesley Powell had experienced four years earlier.

"The summit of the ridges as well as the major portion of the lower slopes has been repeatedly savaged by the common curse of the western slopes - forest fires—and were therefore quite bare of timber," he wrote. Leiberg also was adamant in declaring that the fires were mostly human-caused.

The prospecting naturalist wrote similar descriptions of rampant fire throughout the next decade, as he completed plant and forest resource surveys over a vast stretch of Northwest territory that included eastern and south-western Oregon, Montana's Bitterroot range, and a great sweep up the Idaho Panhandle from the Clearwater through the St. Joe and Coeur d'Alene drainages. By the time he surveyed the newly established Priest River Forest Reserve in 1897, Leiberg had already visited the legendary lake several times, and assembled a fire history that consisted of lightningstrike wildfires that had taken out large tracts 150 years in the past, mixed stands of old and young trees resulting from more random burns, and a variety of fire intervals in smaller patches around the lake.

After he witnessed what was happening in the 1890s, Leiberg held little back in his critique of local practices. "The beginning of fires of modern times in the basin dates back about thirty years," he wrote. "They owe their origin mainly to the universally wanton disregard for the value of the growing forest in general, and for public property of this kind in particular." According to Leiberg's reckoning, the mining districts that surrounded the Priest River Forest had a lot to do with this destruction, but he also pinned part of the blame on local residents. "Prospectors, hunters, and trappers have kindled most of the fires, and still continue to do this." Leiberg documented a variety of careless behavior with glassplate photographs that included roadside burn piles, fire-killed stands of marketable western white pine, and the hodge-podge of blackened stumps around a Priest Lake squatter's cabin.

The first-hand reports that J.B. Leiberg and other forest surveyors published through the United States Geological Survey in the 1890s and early 1900s helped to influence the establishment of the U.S. Forest Service in 1904. Their aim, then and now, is forest production and forest health, with fire as an unpredictable wild card that we have never quite been able to come to terms with.



SQUATTER'S CLAIM IN WHITE-PINE TIMBER, SHOWING USUAL IMPROVEMENTS ON THIS CLASS OF CLAIMS

Photo and caption by John B. Leiberg, from USGS report on the Priest River Forest Reserve, 1897.

But viewed in the long term, fire is the one certain constant on our landscape, and the attitude of the people living here is what continues to change. The idea of pervasive management for cultural benefits is gone. So too is the time when set fires served as a handy way to expose bare earth, for uses such as a homestead plot or a potential mineral strike. Nor does the 20th century Forest Service Smokey the Bear model of concentrated suppression make any sense—each forest has a complex set of life factors that often confound strict regimes of management.

Right now there are two real wild cards in such forest equations. The first is a growing population of people who live surrounded by the unmatched beauty of our mixed coniferous forests. The second is a climate swing towards a warmer, more unpredictable moisture regime that in the long run will rearrange the makeup of those very forests. These are daunting variables, and summers like 2014 and 2015 make it clear that scientists, timber industries, forest workers, firefighters, and residents – that is to say,

everyone - will have to take carefully thoughtout measures to deal with a reality that seems to be wobbling off course. It will require the full measure of creativity and persistence displayed by all the previous generations who ever lived here – as well as some very smoky summers like the past two we have endured - in order to achieve any kind of balance. Homeowners, government agencies, and private timber holders have started that process in earnest, and the increase of internet information and communication speed from summer 2015 compared to the very recent past is only one indicator of what the future might hold. But at this particular moment, squinting through the smoke, it is very hard to see that future clearly.

Author Jack Nisbet will be reading from his new book Ancient Places at a dozen North Central Regional library branches this fall. October's schedule includes: Quincy, Oct 14th; Ephrata, Oct 15th; Chelan, Oct 22nd; Leavenworth, Oct 23rd. For more information, visit jacknisbet.com.



We Service All Makes!



### Buying a used car or truck?

A Pre-Purchase Vehicle Inspection could save you hundreds, even thousands, by uncovering unknown vehicle issues before you make the final decison!

\$69.95 buys you peace of mind. Avoid buyer's remorse; have us inspect it before you buy!

295 W. 1st Ave., Colville

Downtown in the Heart of Colville



### **Barreca Vineyards**

Pure and Simple Grape Wines Organic and Locally Grown

> Open by appointment Call 509-738-6155 for a personal tasting.

Barreca Vineyards.com 2109 Hwy 25 South Kettle Falls, Washington

Look for us Wednesdays at the Colville Farmer's Market

### OKTOBERFEST! Sat., Oct. 24<sup>th</sup> 2 - 7 pm

Raise your stein and join us!

A benefit for **Riverwood Community School**in Colville

Beer and food, kid-friendly activities, 50/50 raffle, silent auction and more!

Reservations NOT required. Call Andrea at 509-684-8991 for more info.

## Hosted by Northern Ales

in Kettle Falls

### Featured ...

## Practical Knowledge

by Tina Wynecoop

f one is used to finding all their food and supplies in a supermarket the wild places can seem very bare! Practical knowledge can unlock provision where the "grocery store" mentality sees nothing. One can look at the wilderness and yearn for a Yokes, Rosauers, Wal-mart or Fred Meyer; or, one could discover what is already out there for harvest and use.

Several interesting examples come to mind. A native orchid called Western rattlesnake plantain (*Goodyera oblongifolia*) whose uses include a reproductive aid, chewing gum, pain reliever during childbirth, tea, tonic, poultice, toy, perfume to attract the opposite sex, and, most surprising to me, a bandage!

Last fall, my Sinixt (Lakes) friend from Inchelium, Nancy Michel, and I were walking along a woodland trail in the upper Columbia region across the border in British Columbia. She noticed a low growing plant colony in the shaded, deep leaf forest litter and told me it was called "frog leaves" by the Indians, and that it was used to cover small wounds, both for protection and for its antiseptic quality. I recognized the plant immediately as a member of the wild orchid family from its leaf structure and bloom. I knew nothing about its practical applications.

As I was photographing it and listening to her explain how her ancestors used it, a second Sinixt man named Rick Desautel, Colville Tribes Fish and Wildlife game management specialist, joined us and said it was also called "Indian band aid." They showed me how a leaf was picked and rubbed between the fingers to soften it and then split in two along its flat plane. The moist inner surfaces could then be adhered directly onto surface wounds for protection.

The name for this plant in one Interior Salish dialect is "splitting open easily." Since the plant has a widespread range throughout North America, it has other aboriginal names as well. Coastal Indians used words in their dialects meaning "it's got spots," and "medicine for childbirth." East of the Cascade mountain range it has been called "Indian band aid" and "frog leaves."

Early settlers called it Rattlesnake plantain because they thought the pattern found on its leaves resembled snakeskin. It is not of the plantain family. Nancy



told me Indian band aid leaves can be harvested year-round and stored in the refrigerator. I kept a few leaves in a plastic bag in my fridge for five months just in case I needed to cover a wound – and to test the practice. I found the leaves to be very fresh up to then, and, as the photo shows, when I applied one to a cut on my husband Judge's hand, it adhered beautifully.

Patti Bailey, another member of the Lakes tribe, one of the twelve tribes of the Colville Confederated Tribes, says the Salish word for frog leaves is nki?íns. The leaves were used extensively and commonly by her tribe's elders to draw out infections.



The list of provisions, both food and non-food "products" available for our benefit is expansive. For example, the cattail (*Typha latifolia*), a plant found in abundance around wetlands and lake margins throughout the northwest can be made into bread by using the starch in its rhizomes. The tender white portions at the base of the shoots can be eaten raw or cooked; the seeds, pollen, and leaves are edible. The leaves have been, and are still, used in basketry, while the brown female flower head, whose downy puffs blow so easily in a wind, to every child's joy, has been used for diaper material as well as stuffing for winter moccasin insulation.

Native humor is a delight, and our friend Nancy told us that Indians classy-up a well-known adhesive called "Duct Tape" – manufactured by 3M – by calling the silvery kind, "Indian chrome." "We fixed the back bumper with Indian chrome." Natural, plant-based, adhesives abound in the supermarket of the wild.

And finally, although I am barely touching on the subject of available food-stuffs and products, there is "Indian spaghetti," a botanical clover root gathered on the tidal flats beside the Salish Sea and up to alpine meadows. The harvesters fondly call the roots "Indian spaghetti." In scientific circles the native plant is named "Perennial clover (*Trifolium wormsijoldii*). For a people with a diet rich in proteins sourced from salmon, deer, and mountain goat flesh foods, edible plant matter eased the monotonous diet and added carbohydrate balance and variety. The roughage introduced to the digestive system made them a natural dietary laxative, although these plants were not considered medicine.

Both native and non-native ethnobotanists have contributed grocery carts full of traditional botanical information to the storehouse of practical knowledge relating to the culture and customs of the indigenous peoples. These are they who have lived intelligently on the land. Their keen observations have provided a wonderful connection to our region's natural resources.

Also, here is a small sampling of excellent books on the subject: *Plants of Southern Interior British Columbia; Plants of the Pacific Northwest Coast; Native American Ethnobotany; Ethnobotany of the Okanagan-Colville Indians; Ancient Pathways, Ancestral Knowledge; Ethnobotany of Western Washington; Food Plants of Interior First Peoples; and The Spokan Indians.* 

The writer's home base is in north Spokane County; the landscape and people of the Columbia River watershed are her teachers.

### In Nature

## Sharpies

Article & Photos by J. Foster Fanning

hen watching a bird through the lens, there is no doubt that I am a better photographer than ornithologist. Like many other folks, I can easily do eagles, osprey, crows and robins. Ah, hummingbirds? No problem! But even with so common a cluster of birds there are many a differential feather between them. Are they juveniles, immature, male or female, molting or not? The criteria list goes on and on. Not only have I a number of field guides to assist my limited knowledge, but online resources open a vast array of research opportunity. So why then is it so hard to determine one hawk species from another? And here I am speaking specifically about two hawks that commonly appear in the Okanogan and Columbia Highlands: the sharp-shinned and Cooper's hawks. After a lot of research and work with online birder groups, I am landing the ID of the birds pictured here as



sharp-shinned hawks, but I don't expect everyone to agree with that decision, especially after my opening sentence.

Ablur of motion, a flurry of feathers and then its gone! A sharp-shinned hawk has struck again. This tiny, fast and highly acrobatic flier is the smallest hawk in North America. The general make-up of this diminutive accipiter is noted as "long legs, short wings, and very long tails, which they use for navigating their deep-woods homes at top speed in pursuit of songbirds and mice." In the image of the sharpie here, with the American robin in it's clutches, the raptor appeared to have used my presence as a distraction

and when the robin bolted from me the hawk boldly nailed it within twenty feet of where I was standing. For a moment I was as surprised as the robin, though not mortally so.

Sharp-shinned, like many other hawks declined during the DDT pesticide years but rebounded after the insecticidal chemical was banned. The populations of sharp-shinned hawk have remained stable with some growth since the early 1970's, according to data from the North

American Breeding Bird Survey. Still, scientists have little data on their nesting success given the solitary and elusive nature of these small hawks in their deep-forest breeding sites. Populations estimates from annual migration counts puts breeding pairs near 700,000.

Sharp-shinned hawks are birds of the forest and prefer a dense, closed canopy, for breeding and nesting. In our highland regions, these birds favor conifer forests but intermix throughout the river and stream valleys in cottonwoods and aspens. The habitat range of elevations varies from sea level to near timberline.

Some interesting points regarding this species are that, while atypical in the general world of avians (though common amongst raptors), female sharp-shinned hawks exceed the size and weight of males by about 1/3. This size difference plays a role in raising hatchlings as it is the male that feeds the nestlings, given the smaller size of prey captured, and then the female feeds the same young in their larger, juvenile stage. And uniquely, the male sharpie

bites off and eats the head of prey before sharing the meal. Another behavioral trait of some raptors found in adult sharp-shinned hawks is how they continue to feed the juveniles for several weeks after they have fledged. The parents deliver dead prey into the nest leaving the young to squabble and consume. Later the parent approaches and calls, triggering the fledglings to rise to grab prey out of its parent's claws. As the fledglings develop flight skills, the parents cease feeding at the nest and force the juveniles to pursue in flight, rewarding them with morsels. In this way the skills of an aerial predator are achieved.

Its estimated that the sharpshinned hawk's diet is 90 percent



songbirds. As pictured here, birds the size of robins, warblers, sparrows, and thrushes are the most frequent prey. Bigger birds such as quail, doves, swifts, woodpeckers and the like are not completely safe from this little raptor. Adding to the diet are mice, voles, chipmunks and grasshoppers.

To observe these unique hawks closely, watch the forest edge. Keep a sharp eye out for a dash of feathers flying fast and low, following the contour of the ground. Look into the foliage for that poised shape awaiting to spring on their prey. And don't be too surprised it a sharpie whizzes past your ear and takes down another bird in flight. It does happen...

J. Foster Fanning is a father, grandfather, retired fire chief and wannabe beach bum. He dabbles in photography as an excuse to wander the hills and vales in seach of the perfect image. His wildlife and scenic photography show, "Take a Walk on the Wild Side," is featured at various venues throughout the region. Learn more at http://fosterfanning.blogspot.com.



## What & I bajospeaning

### Sponsored Listings

**Pro Bodyworks is offering October specials!** See ad on page 14 or call 509-684-1420.

**Events & Classes at Meyers Falls Market** (visit MeyersFallsMarket.com or call 509-738-2727:

Apple Dessert Bake-Off & Food Bank Fundraiser, Saturday, Oct. 24, Noon to 3 pm. Please join us for this fun, annual event to raise money for the Kettle Falls Food Bank. Meyers Falls Market will provide a FREE bag of local apples to everyone who bakes a dessert for the contest and the winner receives a store gift card.

Up-Coming Class: Gluten Free Pies! Nov. 14, 1-3 pm. Join us in this hands-on class as Raelynn Pass shares how to make delicious gluten free pie crusts and pies in perfect timing for the holiday season. Indulge in samples of a fresh-baked pie and make your own mini-pie to take home to bake! Preregistration of \$15 includes samples, crust making for your very own pie, recipes, and a store coupon.

Intro to Tai Chi & Qigong: 6-week class series on Tuesday evenings OR Friday mornings beginning the week of Oct. 13. Experience what these Chinese energetic health exercises can do for you! Contact Lauri McKean (certified instructor & licensed acupuncturist) for more info: lamckean@gmail.com or 509-690-7977.

### Special Events

Marcus Cider Fest, Oct. 3. Pancake breakfast from 8 - 11 am, parade at 10:30 am, Bingo at 11 am, kids carnival, food court, cider booth, arts & crafts vendors, car show, beer garden and live music all day long. Call 509-684-3771 for info.

Onion Creek Bargain Fair, Oct. 4, 10 am - 3 pm. Bargains and fun for everyone! Buy, sell or trade. Great food by Onion Creek Smokers BBQ. Free admission to shoppers. Sales space just \$5, no charge to non-profits. Call Onion Creek General Store at 509-732-6648

Be The Change! is the theme of the Oct. 9 Wo+men Making a Difference Luncheon at the Community Colleges of Spokane, Colville Center. Call 509-684-3796 for more information.

Military Mysteries Meet McConnell at the 27th annual Northeast Washington Genealogical Society

Fall Seminar on Oct. 10 at the Ambulance Training Center in Colville. The featured speaker will be Don McConnell, retired Army officer and senior intelligence analyst, authority on soldiers serving before and during the Civil War, and Civil War living history enthusiast. Door prizes and a lunch buffet. Registration starts at 8:30 am, program starts at 9 am. Visit newsg.org or call 509-684-4344 for more info.

Firefighter's Appreciation Dinner, Oct. 17, 6 pm, Orient School Gym. For all firefighters, their families and the communities of Orient, Barstow and Barney's Junction. If you would like to bring a food item, please bring a salad, bread or dessert. If you are interested in donating items on the "donated items" list, please drop items off at the Orient School. If you would like to contribute a monetary amount, please send to Orient School District; PO Box 1419, Orient, WA 99160 Attn. Beth Fowler. If you would like to bring a gift of gratitude for the firefighters, there will be baskets set up for each firefighter in which thank you notes, goodies and other items can be dropped. If you would like to send in pictures for a slide show, send to: browngirl62103@yahoo.com. If you would like to help plan and organize the dinner, or for more info, call Regine at 509-684-6725 before 7 p.m. and Linda at 509-684-5056 after 7 p.m.

The Chewelah Arts Guild asks for your help to Light Up the Park on Oct. 24 with your carved jack o' lantern(s). Bring as many as you'd like. To counttowards Chewelah Arts Guild's Guinness record attempt of 2,015 pumpkins, the pumpkins must have a carved MOUTH, NOSE, EYES, and EYEBROWS. Be as creative as you wish by carving a design, logo, character, name, etc. on the back side of the pumpkin. Check out Light Up the Park Chewelah on Facebook to learn find out about all the scheduled activities leading up the great evening of pumpkins!

Oktoberfest! Fundraiser for Riverwood Community School, Oct. 24, 2 - 7 pm at Northern Ales at 325 W 3<sup>rd</sup> Ave. in Kettle Falls. Raise your stein and join us as we enjoy beer, food, kid-friendly activities, 50/50 raffle, silent auction and more! Reservations not required. Call Andrea at 509-684-8991 for info.

Halloween Costume Children & Pet Parade, Oct. 30, 4:15 pm in Colville. Meet at the Colville Fire Station for the parade and then stay for Moonlight Madness Sale throughout downtown. Call 509-684-5973 for more info.

Arts & Crafts

*Are You Ready for the Day of the Dead?* is the title of the October show at Eureka Arts Gold Mountains Gallery at 628 S. Clark Ave. in Republic. The show opens Oct. 2, 2 - 6 pm. Unique refreshments will be served. Hours are 10 am - 4 pm. Phone: 509-775-8010.

Susan Hedstrand is the featured artist for September and October in the Meyers Falls Market Café in Kettle Falls, WA. Working in printmaking, pastel and watercolor, she creates landscapes of tranquil natural beauty, vibrant florals, and expressive wildlife & horses. She also creates handmade etchings which are highly valued as original pieces of art. Stop in to view her work and appreciate our wonderful local talent!

The Springdale Art and Craft Co-op will open Oct. 3 on First Street, two block east of Shaffer. We are very excited about the quality of our group's work. We will hold special shows and an Open House for the holiday season. Call 509-258-6956 for info.

Colville Piecemakers Quilt Guild meets on the 3<sup>rd</sup> Tuesday of the month at the Assembly of God Church in Colville (corner of Glenn and Walnut across from the park) at 6:30 pm. New members and guests are welcome. Visit colvillepiecemakers.webs.com.

Colville Valley Fiber Friends, (CVFF) meet every Monday at the Ag Center, 317 W. Aster, Colville, noon - 3 pm. All interested in spinning, weaving and other fiber arts are welcome. For more information, contact Sue Gower at 509-685-1582.

### Books, Books, Books

**Northport Community Library Storytime**, Tues. mornings, 10:30 - 11 am. Recommended ages 2-5. Library hours are: Tues. and Thurs. 11 - 6 pm, Sat. 10 - 4 pm. 509-732-8928.

**The Adult Literacy Program** of Rural Resources Community Action provides one-to-one and small group tutoring in Adult Basic Education, English as a Second Language and GED Preparation. To volunteer or for more information, call 509-685-6133, 509-685-6132 or 1-800-776-2178.

### Music, Dance, Theater

The Pend Oreille Players announces Choices, a new play by Brad Field, to be performed as a Readers Theater at 7 pm, Oct. 16, 17, matinee at 3 pm on Oct. 18. Tickets are \$12 for adults, available online

CALL HOSTING PARTIES TO CONFIRM TIMES AND DATES. THE NORTH COLUMBIA MONTHLY WILL NOT BE HELD RESPONSIBLE FOR ERRORS OR SCHEDULE CHANGES.

### Rotary 🔆

The Rotary Club of Colville would like to thank the following for sponsoring The Blazing Saddles & Spoons

Tripp Distributing • Edward Jones - Colville McGrane & Schuerman • Providence Mt. Carmel Hearth-n-Home Technologies • Boise Cascade Clark's All Sports • Hale's Ales • Am-Pac Appraisal PARC Ham Amateur Radio Operators Kettle Falls Rotary Club • The Interact Club Windermere-Colville • Carter Toyota • Road Scholar Norm's Auto Repair • Banich & Banich Dentistry Yellow Pine • Vaagen Bros Lumber • Acorn Saloon Carey's Auto Body • Benny's Colville Inn Colville Hardware Do-It Center • Colville Sign Country Chevrolet • Davis Auto Rebuild Dodson's Paint & Glass • Fenno Eye Clinic End Violence Against Women • Fogle Pump Taco Time • Garringer Insurance Agency Greenman Agency • Haney Lumber Colville Printing • Happy's Hallmark • Home Suite Home Maria Fox, DMD • Maruji & Raines Mary Selecky • Norstar Heating & Cooling Saundra's Furniture • Stevens County Title Road Runner Electric • Academy Mortgage Hancock Management • Kitchen Korner

A very special thanks to The City of Colville • Stevens County • The Vinson Fund and all the Volunteers who helped.

## What's Happening

continued from page 13

Ministries 157 North Oak Street, (Stephanie's Oak Street Grill building) Suite A, Colville, 509-684-5551, Lifelineministries.info.

### Youth/Parenting

Looking for breastfeeding support? Reach out to a La Leche League Leader! Contact Courtney at 509-680-8944, crtslll@gmail.com, or find our page on Facebook titled "La Leche League of Colville." Please note that we are temporarily no longer holding monthly meetings.

Give a Preschooler a Head Start: Preschool classrooms are available at no cost for children ages 3 to 5 in Colville, Kettle Falls, Chewelah, Springdale, Valley, Newport and Cusick. Children in their last year before Kindergarten are enrolled first, as well as children with disabilities and children from low-income families. There is no cost, and transportation assistance is available for many classes. Call 509-684-8421 or 1-877-219-5542. Head Start and ECEAP are programs of Rural Resources.

Today's Girl Scouts is more than just cookies and camp! The Girl Scout program also includes adventurous, fun activities like rock climbing, canoeing, backpacking and exploring careers in math, science and technology that appeal to today's girls. Girl Scouts offers activities for girls ranging from ages 4-17 and adults from ages 18-100. For information, call Debbie at 1-800-827-9478 ext. 246.

### Miscellany

The Stevens County Veteran's Information and Referral Line is avail-



### Northport Community Health Center

### Hours

Mon, Wed, & Fri 8 a.m.—5 p.m.



Please Call for Women's **Health Dates** 

411 Summit, Northport, WA 99157

**More Health Center Locations** Colville • Chewelah • Ione • Springdale • Loon Lake • Lake Spokane

Dental Locations: Colville • Springdale • Lake Spokane

### Kettle River Community Health Center



### Hours

Tuesday & Thursday 8 a.m.—5 p.m.

Please Call for Women's **Health Dates** 

www.newhp.org

Phone: 509-684-5521 141 Third Avenue, Orient, WA 99160



## What's Happening continued

able Mondays, Wednesdays, and Fridays (except holidays) from 9 am to 3 pm. Call 509-685-AVET (2838) for availability of Veterans Service Officers and for other information pertaining to veterans and veterans' programs.

Free Legal Assistance for Persons Affected by Wildfire! Call 844-435-7676 for more info.

Colville Chamber of Commerce meeting every Tuesday at noon at the Eagles Lodge 608 N Wynne Street. No host lunch with a speaker or program for each meeting. Need not be a Chamber member to attend, everyone is welcome. Check the website for schedule of events www.colville.com.

The Kettle Falls Chamber of Commerce meets on the third Thursday of each month. For more information, call 509-738-2300 or visit http://www.kettlefalls.com/index.php/city-government.

Habitat for Humanity Board of Directors Meetings – at the Habitat Store, 480 N. Main St. Colville, WA. Meetings are open to the public. Join us for coffee, goodies and learn more about Habitat for Humanity-

Colville Valley Partners including projects we are working on. Visit us at: www.habitatcolville.org or on Facebook: www.facebook.com/habitat.cvp. For more information call: Lisa Meddock 509-684-2385.

Free Wi-Fi-When in Northport, you can access the internet at the Northport Community Connections Center on your wireless device, or there are 15 computers available for use in the Center. Hours to use the computers are: Mon. – Sat. 10 am – 9 pm and

Continued on page 20



### BINGO AT THE ADDY GRANGE HALL

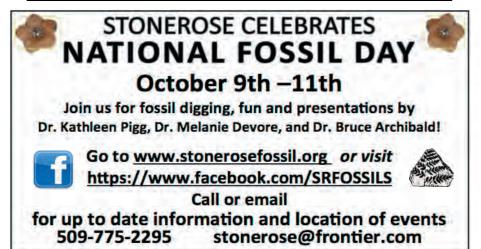


2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month (except on holidays)

Open at 6 pm Play starts at 7 pm

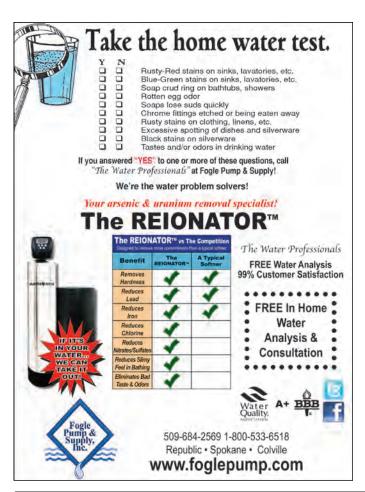


Call 509-935-4204 for more info









## What's Happening

continued from page 19

Sun 1 pm to 9 pm. The Community Connections Center is located at 405 Center Ave. Phone: 509-563-4502.

**The NE WA Amateur Radio Club** (NEWARC) meets the first Saturday of each month at 11 am in the Abundant Life Fellowship, E. 2<sup>nd</sup> & Clay (basement). All visitors are welcome. Come and meet some great people and learn what HAM radio is all about.

Child Advocates Needed - A Unique Volunteer Opportunity. Join Stevens County Court Appointed Special Advocates (CASA) investigating child abuse and speaking up for a child's best interest in court. All training is provided. This is your opportunity to impact the future of abused and neglected children in your community. Call 509-685-0673.

Kids First Children's Advocacy Center, a program of Rural Resources offers Child Sexual Abuse Prevention Training free of charge. Stewards of Children is a 2.5 hour interactive workshop that teaches adults how to prevent child sexual abuse. This is ideal for parents, teachers and youth-serving organizations. Protect the only childhood our kids will ever have. Call 509-684-6139.

Foster Parent Care Givers Needed: Children in Stevens, Ferry, and Pend Oreille counties are in need of safe, nurturing families. Fostering Together and DCFS invite you to attend the Care Giver orientation for Stevens and Ferry counties held on the third Monday of every month from 9 am to 12 pm. The meetings are held at DSHS in Colville, Washington, located at 1100 S. Main Street. Pend Oreille County orientation is held on the second Monday of every month from 10 am to 1 pm at the DSHS office located at 1600 W. First Street, Newport, Washington. Please join us to explore becoming a Licensed Foster Care Provider





## What's Happening

for dependent children in need of foster care. Contact Kinberly McNaughton, with Fostering Together at 509-675-0341, or call 1-888-KIDS-414.

PFLAG: Parents, Families, Friends and Allies United with LGBTQ. People to move equality forward meets the last Tuesday of each month, 6:30 - 8 pm at the Garden Homes Specialty Clinic lower level entrance (143 Garden Homes Drive Colville). We are here for people looking for support, information, or help regarding the many issues surrounding the journey of acceptance of an LGBT loved one. We welcome anyone needing support. Contact: info@newapflag.org or 509-685-0448.

The Board of Directors for the Ferry County Rail Trail Partners (FCRTP) meets on the first Thursday of each month at 5 p.m. at Ferry County Professional Services Building, 319 E. Delaware in Republic. Please check our website www.ferrycoun tyrailtrail.com for more information. The public is always welcome.

The Panorama Gem and Mineral Club meets the third Tuesday of each month at the Arden Community Center at 7 pm. Our website is www.PanoramaGem.com. Everyone is welcome. We have a little rock show, refreshments and an informative program at every meeting.

meets every Friday at 10 am at The Evergreen Cafe in Meyers Falls Market. Info at kettlefallsradio.org. The Radio Group is currently working on constructing an internet radio website.

Local food banks need your help! There are a number of ways to contribute, from donations of nonperishable food items and cash, to organizing food drives in your church, organization or at work, volunteering your time at the food bank, or including the food bank in your will. Every donation to your local food bank makes a difference for area residents.

Ferry County Democrats meet quarterly. Info at ferrycountydemocrats.org or email info@ferrycountydemocrats.org.

The Jane Cody Democratic Women's Club (it's not just for women any more) meets at 4: 30 pm on the second Wednesday of the month at the Freckled Gourmet, 18 N Clark Ave. in Republic. Visitors are welcome.

NOTE: It is the responsibility of the parties placing the What's Happening notice to keep the listingcurrent.Notifyusatncmonthly@gmail.com or 509-684-3109 of any changes.

The Kettle Falls Radio Group (KFRG)

### **Firefighter's Appreciation Dinner**

October 17, 2015 @ 6 pm **Orient School Gym** 

For all firefighters, their families and the communities of Orient, Barstow and Barney's Junction.

For info: Regine @ 684-6725 (before 7 pm) or Linda @ 684-5056 (after 7 pm)

See "What's Happening" for details!









## Family Adventures Out!

runch, crunch, crunch...what a wonderful sound it is to traipse through the fallen leaves on a crisp autumn day! Bright dashes of red, orange and yellow all splash across the leaves as deciduous trees get ready for winter. Autumn is a time of year to not only enjoy the show nature has to offer, but to be curious about why the leaves are changing color. To learn the answer to this question, it is helpful to know a little about why leaves are important to trees.

Trees are part of the plant kingdom. Almost all organisms in the plant kingdom



are autotrophic, meaning they can make their own food. Auto means self (think automobile, or self mobile) and trophic means having to do with food. Plants are their very own food factories. But how do plants do this? It is not like they can just make food magically appear...right? Let's find out!

All deciduous trees, such as maple, birch and aspen, have green leaves during the spring and summer months. The leaves work hard to use carbon dioxide from the air, combined with the water absorbed through the roots, to make food for the tree. This process is called photosynthesis, which means "putting together with light." What makes the leaves

green is a substance called chlorophyll. With the help of sunlight and the green chlorophyll, the tree sort of "bakes" the carbon dioxide and water like it's in an oven and produces a substance called glucose. The glucose is the tree's food.

During the spring and summer there is a lot of sunlight for plants to use in photosynthesis. Trees use this time to grow taller and create the seeds needed to reproduce. Trees also make a lot of extra glucose to store in their roots to keep the tree alive during the winter.

When fall arrives, the days get shorter and cooler and there is not as much sunlight. The deciduous trees take this as a signal from nature that winter is coming and begins to prepare for the cold, dark days ahead. Slowly,

the chlorophyll begins to disappear from the leaves and the colors of orange, purple and yellow start to show through. These colors have actually been there all along, you just cannot see them while the green chlorophyll is present. In



some species of trees, not all of the glucose makes it to the roots for winter storage before photosynthesis ends. Any glucose trapped in the leaves of the tree turns a brilliant red and is a delight to see!

Looking for a hike to see some spectacular fall foliage? The Colville National Forest has much to offer. Many of the hikes across Sherman Pass offer astounding short forays with brilliant foliage. Unfortunately, these hikes may have to wait until next year, as a good number of them have been closed due to the recent fires.

A gem of a family hike can be had at Big Meadows Lake, however. The trailhead for



Meadow Creek Trail #125 is off the west end of the entry to the lake. The first 0.8 miles of this 1.5 mile trail are barrier free and perfect if you have a child in a stroller

or just want to get your wee ones out to walk a bit. After that, it is still easy walking, but a backpack to tote the tots is suggested. There is plenty of terrain variety as you meander through heavily forested areas with lots of "fairy" garden moments of mossy downed logs and dense cedar groves. The real autumn joy comes with big meadow views opening up

onto maples and some of the largest aspen around. It truly is a fall spectacular!



The Meadow Creek Trail links to a 0.8 mile side trail to a replica of a homestead cabin. It is a great site and allows for hikers of all ages to explore the cabin itself and imagine the world of the pioneer. From there you can easily retrace the hike or take a shortcut via the gravel road back to the parking lot.

For more family outdoor adventures, visit UpperColum biaChildrensForest.com.

Wonderful fall colors, a sense or truly being away from it all, the magic of a thick forest walk, and a clearly marked hiking trail make this hike a five boot adventure! Be sure to bring your own water and dress for the weather.

### **SCIENCE TIPS!**

SCIENCE TIP 1: The tamarack tree is one of the few conifers that loses its "leaves" in the fall (only its leaves are its needles). There are lots of tamarack along the Meadow Creek Trail. Look for their brilliant yellow needles this time of year.

SCIENCE TIP 2: Trees are important to people. We breathe in oxygen and breathe out carbon dioxide. Trees take in carbon dioxide and give off oxygen. We're perfect partners!



## Highlighted ...

### Get Lost in the Colville Corn Maze

Article by Daisy Pongrakthai / Photos by Gabriel Cruden

t's that time of the year for the Colville Corn Maze & Pumpkin Patch, a time to get away to a farm that dares your directional capabilities while offering some fun along the way. This entertaining farm offers something for everyone, from harvesting the perfect jack-o'-lantern and picking pie pumpkins to entering the corn maze challenge.

Owner Greg Knight of Knight Farms has been providing small town autumn amusement for six years now. This mini-agritainment business began humbly in 2009 with just a simple pumpkin patch, but by the next year, Knight added a massive, 12-acre corn maze and has been growing the business ever since. The Colville Corn Maze & Pumpkin Patch is now an annual, fall

tradition for families near and far looking for some good ole' home town fun.

Knight added ears of sweet corn for sale in 2011 along with a wide variety of winter squash. Knight stands by a people-friendly approach, listening and acting on people's feedback, noting, "We've added different squash people have asked for over the years including Hubbard, butternut, acorn, banana, spaghetti, buttercup, kabocha, Turk's turbine, and more."

About his maze endeavors, Knight mused that, "It's been fairly successful. It's an expensive endeavor. It covers its costs... and it's been fun." Along with that fun, an emphasis is also placed on pro-

viding a great community gathering point as well as an educational experience for people of all ages. In fact, group tours are very popular at this ornate farm venue. They host parties and school tours, plus community and work events. "We get a lot of school field trips from local schools to as far away as Valley and British Columbia. We've also had different businesses come over to hold team-building events. The farm provides a dinner from a local caterer. An exclusive scavenger hunt follows and, of course, guests take on the final challenge of the corn maze. It's a great way to truly gather, to enjoy each other and the season!"

This year's corn maze design is a giant laughing jack o'-lantern, weaving

an extensive, zigzag labyrinth. Good thing there are maps and markers. And sure, the kids get lost. "It's easy to get lost in there," Knight notes. "Most of the corn is 10 to 11 feet tall so it can be daunting when you're in a virtual maze like ours. We have checkpoints to guide folks and there's always an easy escape route, so it's meant to be a fun experience."

Picking pumpkins presents a fun treat too. A unique feature to the Knight farm is the Magical Pumpkin Patch. The magic is in the myriad pumpkin choices, colors, sorts and sizes. This one-acre patch can fulfill



a number of pumpkin autumn wishes, offering traditional carving pumpkins and promising jack-o'-lanterns – some weighing up to 150 pounds! "Our pumpkins average from 60-100 pounds," Knight states. "They're on a grander scale in size, plus more economical than local stores."

Although the sweet corn is sold out, the squash and pumpkins are rolling in and readily available, but not for long. "We do sell out of all

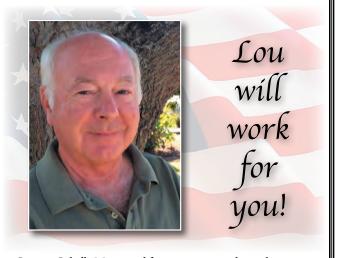




the squash and pumpkins every year by about the 20th of October."

Join the fun before it ends!Bring your walking shoes, dress for the weather and take on the corn maze challenge at Colville Corn Maze & Pumpkin Patch. They are located at 73 OakshottRoad in Colville, just down the road from Davis Towing. Stop by for maze tickets or they can be purchased online at colvillecornmaze.com.

### **VOTE LOU JANKE, COLVILLE MAYOR**



- Current Colville Mayor and former city council member (18 years)
- Veteran, U.S. Air Force
- Civil and Environmental Engineer, Colville National Forest (38 years)
- Focus on crime prevention, especially illegal drugs
- · Economic vitality and business development
- Funding police and fire departments
- Improved recreation opportunities
- Develop and manage budgets
- Provide leadership on city projects

Paid for by Janke for Mayor • lou.janke@gmail.com • 509-680-2967



# FREE COPY

Southtown Plaza 984 S. Main, Colville (509) 684-6505 Colville Hardware **Doit center** 

Open 7 days a week Monday - Saturday 8 - 6 Sunday 9 - 5

WWW.COLVILLEHARDWARE.DOITBEST.COM